1. An aquatic exercise device comprising:

a bell having a substantially spherical front surface and an interior surface;

an interior cavity defined by said interior surface;

a rear access aperture communicating with said interior cavity;

a handle accessible through said access aperture;

means of attachment of said handle to said interior surface;

a plurality of vent apertures communicating between said exterior surface and said interior surface; and

said bell when submerged in water by a user gripping said handle provides a calculated resistance to forward and rearward movement by said user, said calculated resistance determined by the area of said vent apertures.

2. The aquatic exercise device of claim 1 additionally comprising:

said bell having an first axis therethrough said first axis being substantially perpendicular to said handle when attached to said interior surface, said first axis intersecting said bell at an axis point on said front surface;

said vent apertures being generally elongated in shape and having a vent axis running axially therethrough;

each said vent axis being pointing toward the axis point on said front surface of said bell thereby providing an alignment of said vent apertures; and

said alignment of said vent apertures providing a means to stabilize said bell to prevent twisting when said bell is moved through water along said first axis.

3. The aquatic exercise device of claim 1 additionally comprising:

said bell divided into a plurality of three sided quadrants;

each quadrant having two side edges starting as said axis point and ending at a rearward edge adjacent to said rear access aperture;

each of said two side edges having a side fin rising vertically from said front surface, said side fin having a first end and a second end;

each said rearward edge having a rear fin rising from said front surface;

each of said side fins intersecting the other side fin said first end of said side fins at substantially said axis point; and

each of said second ends of said side fins intersecting one end of said rear fin respectively.

4. The aquatic exercise device of claim 3 additionally comprising:

each of said side fins rising vertically from said front surface at an angle substantially perpendicular from a line tangent to said front surface.

5. The aquatic exercise device of claim 4 additionally comprising:

each of said rear fins at said rearward edge angled inward toward said access aperture and away from said axis point; and

each end of each of said rear fins communicating with and adjacent end of another of a plurality of said rear fins thereby surrounding said access aperture with a funnel; and

said funnel channeling water into said interior cavity which exits through said vent apertures when said bell is moved in a rearward direction underwater.

6. The aquatic exercise device of claim 2 additionally comprising:

said bell divided into a plurality of three sided quadrants;

each quadrant having two side edges starting as said axis point and ending at a rearward edge adjacent to said rear access aperture;

each of said two side edges having a side fin rising

vertically from said front surface, said side fin having a first end and a second end;

each said rearward edge having a rear fin rising from said front surface;

each of said side fins intersecting the other side fin said first end of said side fins at substantially said axis point; and

each of said second ends of said side fins intersecting one end of said rear fin respectively.

7. The aquatic exercise device of claim 6 additionally comprising:

each of said side fins rising vertically from said front surface at an angle substantially perpendicular from a line tangent to said front surface.

8. The aquatic exercise device of claim 7 additionally comprising:

each of said rear fins at said rearward edge angled inward toward said access aperture and away from said axis point; and

each end of each of said rear fins communicating with and adjacent end of another of said rear fins thereby surrounding said access aperture with a funnel formed of a plurality of adjacent rear fins; and

said funnel channeling water into said interior cavity which

exits through said vent apertures when said bell is moved in a rearward direction underwater.

9. The aquatic exercise device of claim 1 additionally comprising

said means of attachment of said handle to said interior being adjustable wherein said handle may be attached to one of a plurality of attachment points in said interior cavity to thereby vary the distance between said handle and said axis point.

10. The aquatic exercise device of claim 2 additionally comprising:

said means of attachment of said handle to said interior being adjustable wherein said handle may be attached to one of a plurality of attachment points in said interior cavity to thereby vary the distance between said handle and said axis point.

11. The aquatic exercise device of claim 3 additionally comprising:

said means of attachment of said handle to said interior being adjustable wherein said handle may be attached to one of a plurality of attachment points in said interior cavity to thereby vary the distance between said handle and said axis point.

12. The aquatic exercise device of claim 6 additionally comprising:

said means of attachment of said handle to said interior being adjustable wherein said handle may be attached to one of a plurality of attachment points in said interior cavity to thereby vary the distance between said handle and said axis point.

13. The aquatic exercise device of claim 3 wherein said bell is formed by connecting said plurality of three sided quadrants together to form said bell.

14. The aquatic exercise device of claim 6 wherein said bell is formed by connecting said plurality of three sided quadrants together to form said bell.

15. The aquatic exercise device of claim 3 further comprising:

a flange having a plurality of legs equal to the number of side fins on said bell;

said flange configured for cooperative registered engagement with each of said legs engaged with one of said side fins at a distal edge of said side fins;

each of said legs being substantially perpendicular to said side fins when engaged therewith; and

means of attachment of said flange to said side fins.

16. The aquatic exercise device of claim 6 further comprising:

a flange having a plurality of legs equal to the number of side fins on said bell;

said flange configured for cooperative registered engagement with each of said legs engaged with one of said side fins at a distal edge of said side fins;

each of said legs being substantially perpendicular to said side fins when engaged therewith; and

means of attachment of said flange to said side fins.

17. The aquatic exercise device of claim 15 further comprising:

said flange coming from a kit having a plurality of said flanges having different widths of said legs thereby providing a means to vary water resistance over said flange and imparted to said bell when moved through the water with said flange attached to said side legs.

18. The aquatic exercise device of claim 16 further comprising:

said flange coming from a kit having a plurality of said flanges having different widths of said legs thereby providing a means to vary water resistance over said flange and imparted tc said bell when moved through the water with said flange attached to said side legs.